

# WHAT WORKED FOR ME IN 2020

1. I started journaling every day.

2. I started exercising every day.

3. I started reading every day.

4. I started meditating every day.

5. I started saying "no" to things that didn't matter.

# WHAT DIDN'T WORK FOR ME IN 2020

1. I didn't work on my business plan.

2. I didn't take any courses.

3. I didn't read any books.

4. I didn't exercise.

5. I didn't save money.